General Polarity Reversal

I personally have no experience with General Polarity Reversal, I have only learned about it from EFT/MTT Master Lindsay Kenny (lkcoaching.com - the information on GPR is a direct copy of Lindsay’s article-). It’s something worth mentioning though, for when you keep being stuck. But it’s the absolute last thing you would look at, if really all other things fail, because it is something that is rare.

Don’t use GPR as an excuse as to why you can’t change. And avoid thinking that “it must just be that GPR that I’m dealing with”. It’s highly unlikely, so unlikely that I even doubted whether I would put it in the Social Confidence System. But just in case…

GENERAL POLARITY REVERSALS – or GPR

A General Polarity Reversal simply means that the electricity or energy in the body is "agitated" or "going in the wrong direction." Therefore, polarity is reversed.

A simple way to look at our body's energy field is to think of batteries in a tape recorder, flashlight or other battery-operated device. The batteries that run the gadget must be installed with the positive and negative poles seated in the correct direction.

If not, the device simply won't work. It’s much the same way in our energy system.

Since your body has its own “electrical system,” your "batteries" need to be positioned correctly for you to function properly. If your polarity, or direction of flow, is scrambled up, you have a General Polarity Reversal or GPR. While GPR is not common, it does happen, and it is unlikely tapping will work until the GPR is corrected.

You know those days when you just feel off? Your timing is out of whack, you're dropping your keys or pens, bumping into doorframes, fumbling for words or phrases, falling off curbs, and so on? Chances are your Polarity has become reversed, literally causing you to be out of balance.
Think of the experiment in grade school where you used a magnet to attract tiny particles of metal on a piece of paper. The positive end of the magnet pulled the particles toward it, lining them up neatly, all going the same direction. The negative end of the magnet, when directed toward the metal shavings, caused the particles to repel, scattering them into all different directions. In a sense, that's what happens to our body's energy when a negative force, like those listed below, is introduced into the system.

Here are some common causes of General Polarity Reversals (GPRs):

► **Negativity** – chronic negative thoughts or negative behavior
► **Electrical Force Fields** – being around electrical devices for long periods of time (cell phones, computers, MP3 players, TVs etc.,) can scramble the body’s energy system
► **Addictions** – addictive personalities or addictive substances in the body
► **Drugs** – prescription or illegal, including alcohol or tobacco
► **Chronic Pain** – can cause a disruption in your entire energy system, which can put your body in a ‘spin’
► **Toxins** – substances (chemicals, paint, solvents, etc.), allergies (food, perfume, dust) and sensitivities (pollution, noise, light)
► **Dehydration** – water is a primary conductor of electricity so if you are dehydrated, the energy moving through your system can be greatly impeded.

The good news is that General Polarity Reversals (GPRs) are easy to correct, especially when you discover the cause.

Ways to Remedy General Polarity Reversals

► **Rectify the Cause.** If you’re dehydrated, drink more water. Remove yourself from electrical fields; do what you can to eliminate the cause of the Reversal.

► **Just Tap!** A simple, effective way to fix the most common GPR problems is to perform this simple procedure: Bump your hands together at the Karate Chop Points. You don’t even have to say anything. Tapping for 15 to 20 seconds will generally rebalance your meridians and fix a simple “general” Reversal.

Also, performing the standard set-up procedure (tapping on the Karate Chop Point while saying the Set-up Statement) will fix some types of GPRs. Addictions or toxin-related GPRs, however, are not usually eliminated just by tapping; the irritating substance needs to be eliminated from the body, in most cases, to allow tapping to work.